

A detailed illustration of a muscular man performing a handstand. He is wearing a dark, wide waistband. His body is inverted, with his legs straight up and his arms supporting his weight on the ground. His head is tilted back, and he has a focused expression. The background is a solid light yellow color.

*Joe Weider's*

"TRAINER OF THE STARS"

**SPECIAL  
HANDBALANCING  
COURSE**



# HANDBALANCING MADE EASY

## YOUR SPECIAL BONUS HANDBALANCING COURSE

Dear Pupil:

Remember that Special Bonus Handbalancing Course I promised you earlier? Well here it is -- and what fun you're going to have with it!

Of course you're not quite ready for it since you shouldn't begin it until you've finished your regular Muscle Building Course (and I know you're going to finish at the top of the mark, too!)

The reason why I've decided to send it to you now is not just to further prove that I'm a man of my word. It's because I want to keep your enthusiasm for muscle building burning brightly all the time.

I just know that when you see all the wonderful stunts you can do once you've completed my Muscle Building Course--when you see just how your present exercises lead straight into the Hand-Balancing Course--that you'll work just that much harder to get everything you possibly can out of it.

Handbalancing and bodybuilding go together like bread and butter! Wherever you see a group of bodybuilders you're sure to find some pretty good handbalancers among them. In fact, anyone who is a real strength athlete is sure to be a handbalancer as well.

If you would like to surprise and delight your friends with your new athletic ability, nothing will impress them more than to see you perform a beautiful, gracefully executed handstand. When you do it well it looks deceptively easy to the on-lookers (just ask them to try it!), but what controlled power and strength it takes!

Everyone admires the man who can press up into a perfect handstand and hold it. This superb stunt not only shows off your well-developed body--it not only proves that your muscles aren't just a lot of useless bulk--it proves that you are complete master of yourself---that you have self-confidence, self-control and are absolutely fearless!

What joy it will give you when you can perform it effortlessly! When you first try it you will probably fall every-which-way, and for a day or so you'll think it's



absolutely impossible to do. But with each succeeding rehearsal you'll become better and better and will soon be able to master this exciting stunt.

When you do you'll feel a sense of complete physical control...something you've never felt before. Every muscle from the tip of your fingers to the tip of your toes will be at your complete command. Your body will do exactly what you tell it to do, and you'll feel power, strength, co-ordination and control flowing through every muscle as you press into the handstand, as you hold it as long as you want, and as you lower again to starting position.

This is the stunt which every acrobat learns to do no matter what his eventual specialty is going to be. It's the stunt which every strongman learns to master and which all of the champion bodybuilders do whenever they're "showing their muscles" at the beach. It's the king of stunts and you'll delight in learning it:

THESE SPECIAL EXERCISES WILL HELP YOU TO BUILD  
THE MUSCLES YOU NEED MOST TO BE A HANDBALANCER

Any exercise that builds strength, stamina, skill, endurance or control is of value in handbalancing. Therefore, all of the exercises which you've already done will be of definite value to you in your handbalancing.

Of course, there are some exercises which are more valuable than others in stunts like these because they do a more specific job on the very muscles used most by handbalancers.

Here are some of the most important of these special exercises:

GROUP I

You need strong fingers, wrists, forearms, upper arms and shoulders, to enable you to control the rest of your body while in the upside-down position. Here are a few of the exercises which are best suited to do this job for you:-



1. ORDINARY FLOOR DIPS. Lie flat on your stomach. Place your hands on the floor besides your shoulders. Keep your body straight and push yourself up by straightening your arms. Lower your body to the floor again by bending your arms. Repeat until you can't do any more.





2. FINGER TIP FLOOR DIPS: This is done exactly the same as the "Ordinary Floor Dips" described above, except that you keep your palms off of the floor and support all of your weight on your finger tips. This builds wonderful finger strength which you need for good finger control in your handstand.



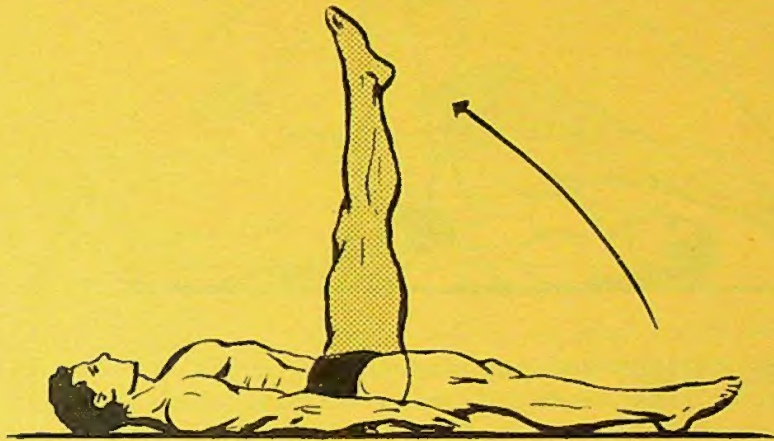
3. DIP BETWEEN CHAIRS: Place two chairs about shoulder-width apart with the seats facing each other. Put your left hand near the front of one chair and your right hand near the front of the other. Stretch your body out so that you are in a leaning position. Now lower your chest between the chairs as far as it will go by bending your arms. Continue until you are tired.

You can make this exercise a little more difficult by placing your feet on a third chair. In fact, the higher you raise your feet the tougher it will become.

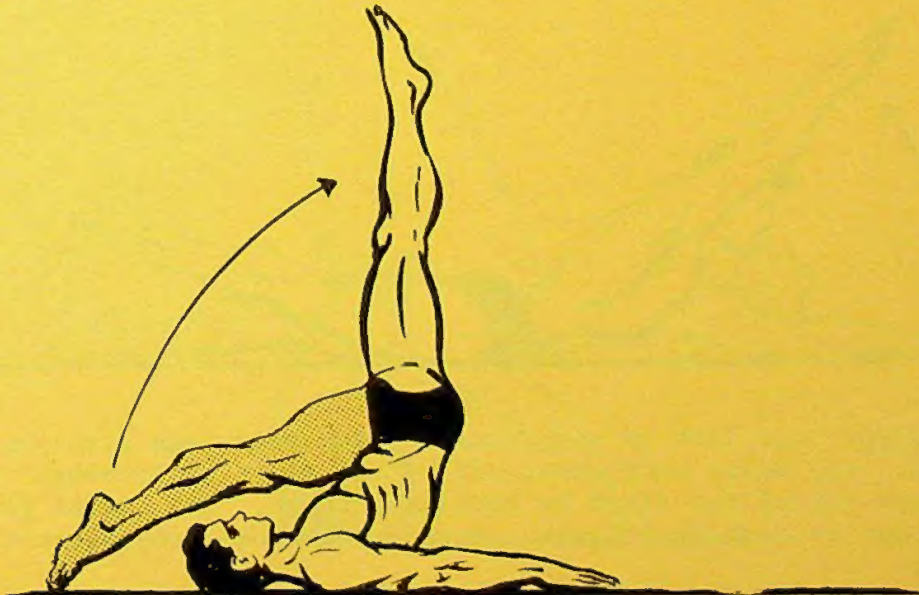


GROUP II

You need strong muscles around the mid-region to enable you to control the bottom half of your body when you are upside-down. Most important are your back muscles but you also need good abdominals and strong muscles at the sides. Here are a few exercises which are best suited to do this job for you:-

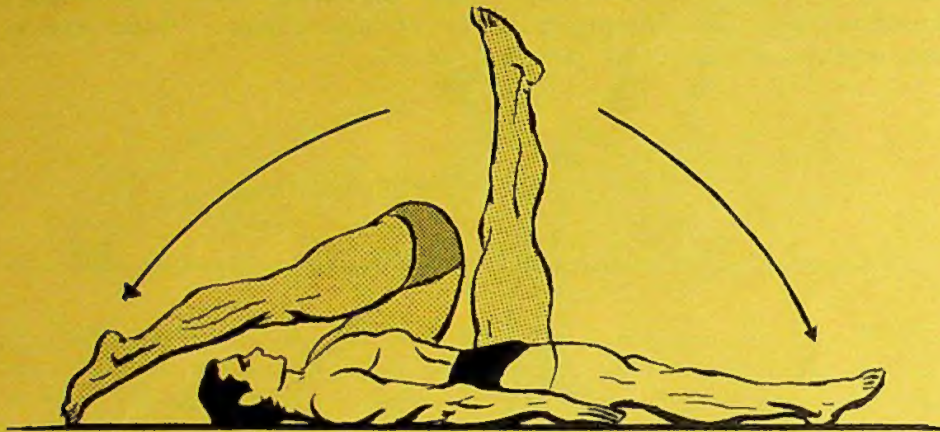


4. ORDINARY LEG RAISES: Lie on your back. Keep your legs straight and raise them slowly off the floor until they are vertically overhead. Lower to the floor again. Repeat until tired.



5. OVERHEAD LEG RAISES: Lie on your back. Raise your legs to the vertical overhead position. Lower legs overhead until your toes touch the floor beyond your head. Raise legs to the vertical position. Repeat until tired.





COMBINATION LEG RAISES: You can combine exercise (4) and (5) above, by lying back, raising your legs overhead, then letting them continue until the toes touch the floor beyond your head, and then lowering them to the starting position again. This should be repeated until you are tired.



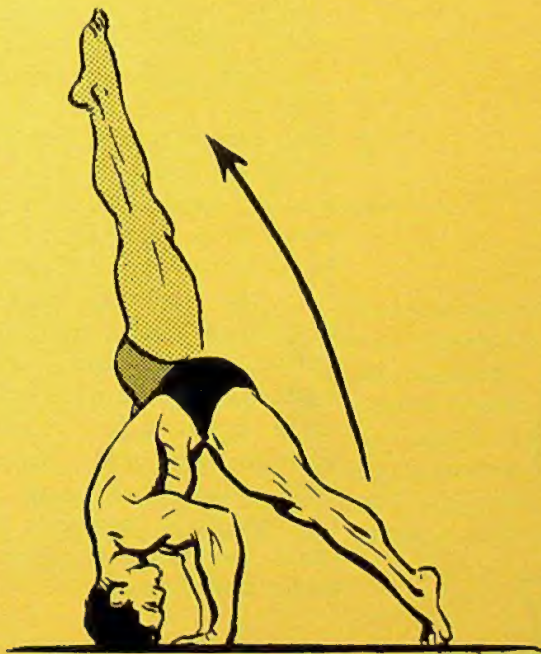
BACK ARCHING: Lie flat on your stomach with your legs straight and your arms extended overhead. (a) Raise your chest off of the floor by arching. Lower. (b) Raise your legs off of the floor by arching. Lower. (c) Raise your chest and legs off of the floor by arching. Lower. Repeat the whole process in the same sequence until tired.



THESE SPECIAL LEAD-UP STUNTS ARE FUN TO LEARN  
AND PAVE THE WAY TO EXPERT HANDBALANCING



1. KNEES-ON-ELBOWS BALANCE: Place your hands on the floor with your elbows slightly bent. Your legs should be in the squat position with your knees just touching your elbows. Now place your knees on your elbows and raise your feet off of the floor. Hold this balance on your hands. Practice until you can do this perfectly.



2. ORDINARY HEADSTAND: Place your hands on the floor about shoulder-width apart. Place your head on the floor about ten inches in front of your hands. Raise your rear-end up slowly by bringing your feet in closer to your body. Press your legs overhead until your body is in a straight line with your back slightly arched. Hold. Practice until you can do this trick easily and with perfect control.



### 3. TIGER STAND

This is also called the lower-arm stand. To do this place your hands and fore-arms on the floor about shoulder-width apart. Look ahead of you about a foot so that your chin is up. Now lean forward and kick your legs overhead. Arch your back slightly. Use your fingers to help you hold your balance, by pressing hard on the floor. You will have to fight to hold this balance at first but with practice it will become easier and easier.



### 4. HANDSTAND AGAINST THE WALL:

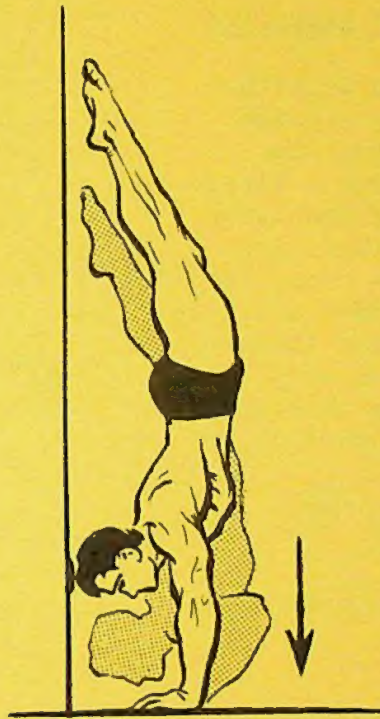
Place your hands on the floor shoulder-width apart and about eighteen inches from a flat wall. Keep your fingers pointing toward the wall and spread them wide apart, to give you the biggest possible base for your handstand. Look at the wall where it meets the floor, lean your body forward, and, keeping your arms straight, kick your legs up and overhead until your heels strike the wall.

To kick up, use the "get set" position of the legs shown in Figure (1) below for the Ordinary Handstand. To do this you swing your back leg up and overhead and then push off of your front leg. This vigorous kick-and-push of the legs will bring them right up to the wall over your head. Later, when you get better at this you can do it with both legs at once as shown in Figure (4) pushing off hard with the toes.





When your heels strike the wall above you stretch your toes up high and raise your head slowly until your heels come away from the wall. Try to hold this position as long as possible. If your heels touch the wall again, then repeat the stretching and head raising. If your legs come down to the floor then kick them up on the wall again. This is very important handbalancing practice so keep it up until you get good control of your handstand.



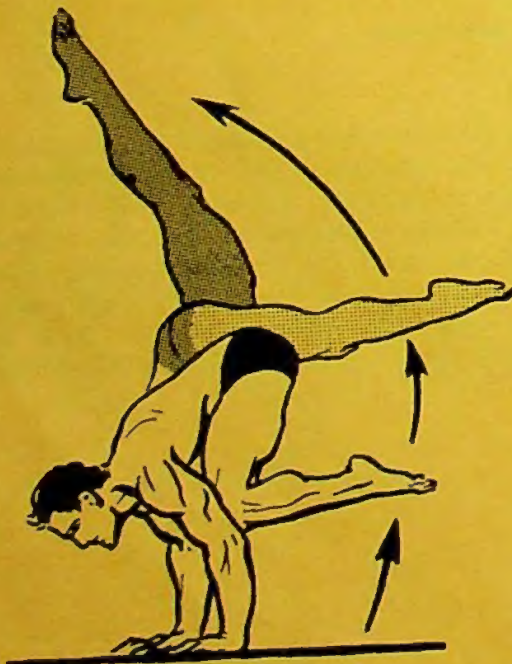
5. HANDSTAND PRESS UP AGAINST THE WALL: This is an advanced handbalancing exercise, but very good for developing the muscles and strength you need to become a good handbalancer. Kick up into the handstand position against the wall as described above. Now, letting your heels rest against the wall, slowly bend your arms until your face is almost to the floor and then press your body up again by straightening your arms. Unless you are very strong, you will have difficulty doing this even once at first, but gradually you will become stronger and stronger and will be able to do it a number of times in succession. All top handbalancers use this stunt to develop much-needed pressing strength and body control.



HERE ARE SOME EXCITING HANDBALANCING STUNTS  
THAT YOU CAN LEARN

1.. THE ORDINARY HANDSTAND

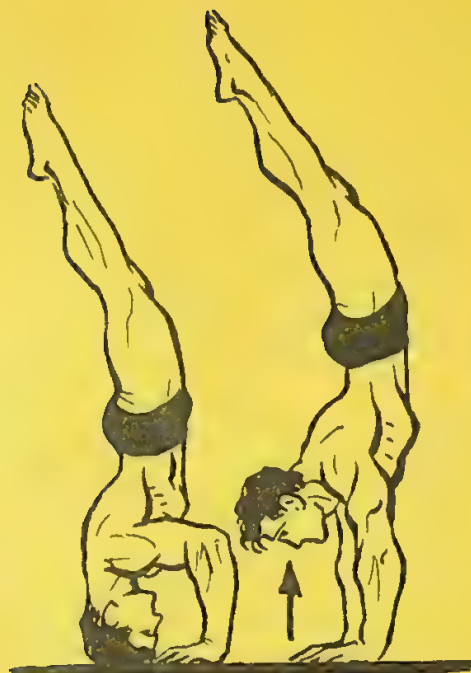
Place your hands on the floor shoulder-width apart, fingers spread and pointing straight forward. Lean forward, keeping your arms straight, so that your shoulders are a little in front of your hands. Look at a spot about eighteen inches ahead of you and then kick your legs up overhead. Point your toes, keep your legs straight and arch your back a little. Keep the weight of your body on your fingers and try to stay up on your hands as long as you possibly can. Keep practicing this until you have no difficulty whatsoever getting up and staying up.



2. KNEES-ON-ELBOWS PRESS UP

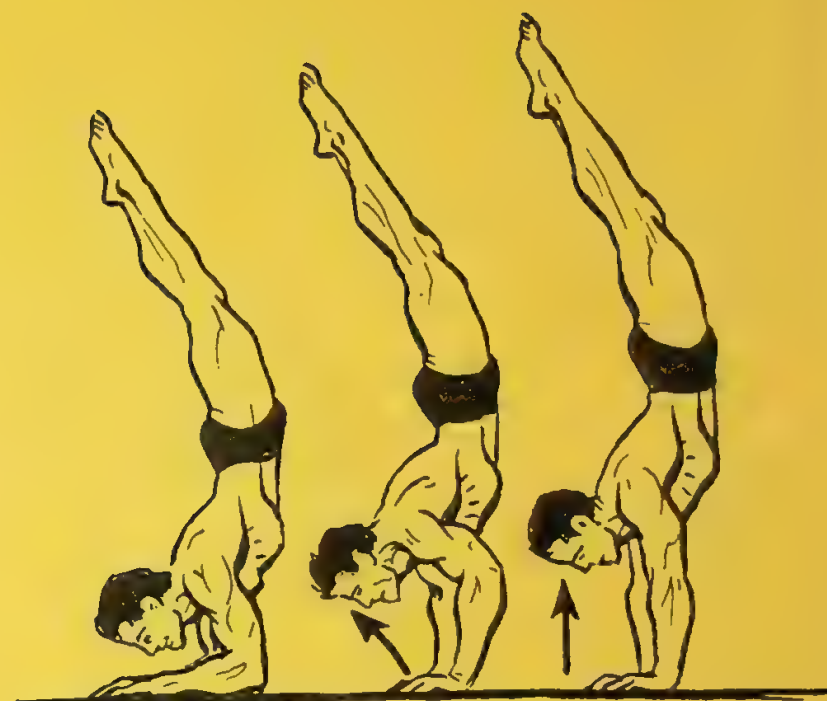
Place your hands on the floor as though you were going to do a handstand. Bend your elbows slightly. Place your knees on your elbows. Lean forward until you are doing the "Knees-on-Elbows Balance". Hold this for a moment, then lean a little more forward and at the same time, lift your knees off of your elbows and press your legs up and overhead into the ordinary handstand position and hold. Repeat this until you can do it easily.





### 3. HEADSTAND PRESS UP

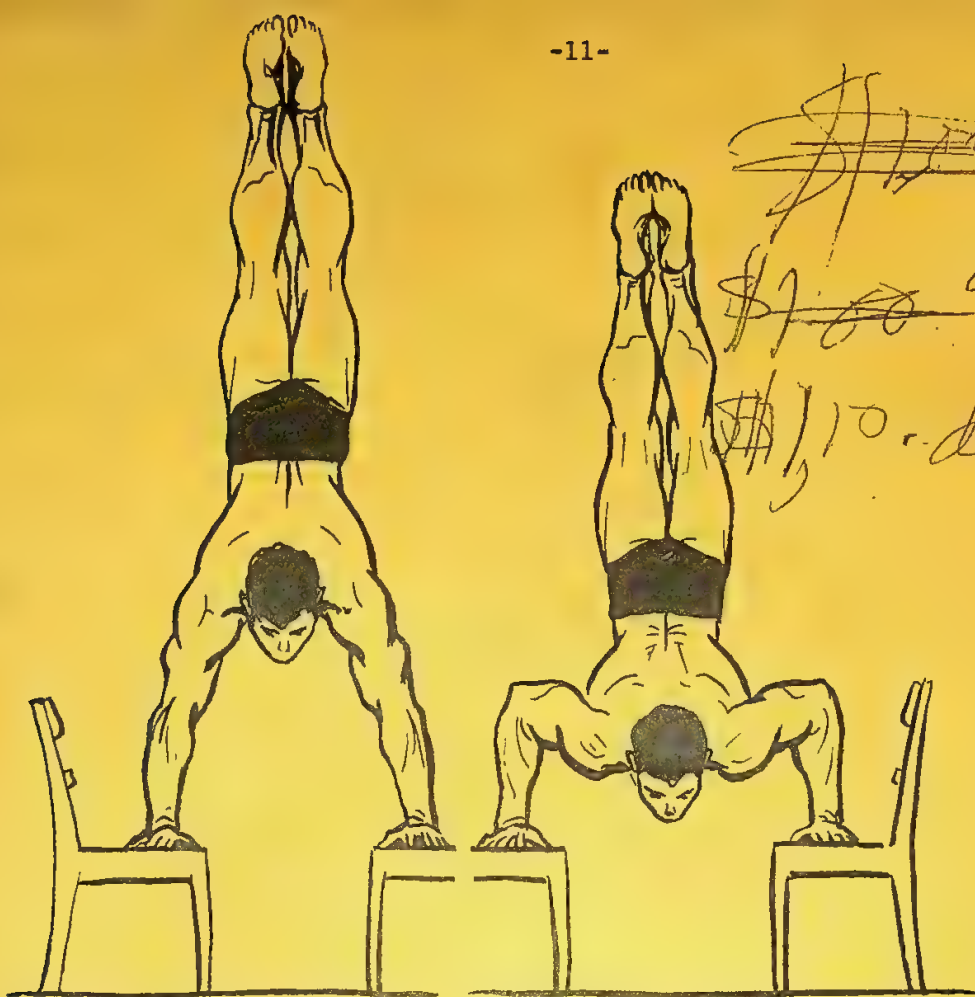
Place your hands and head on the floor and kick up into an ordinary headstand. Hold this for a moment, then press your body up in the air by straightening your arms. This will take you right into the ordinary handstand, which you must hold. Do this stunt again and again until you master it.



### 4. TIGER STAND PRESS UP

Place your hands and forearms on the floor and, keeping your head slightly up, kick your legs overhead until you are in a Tiger Stand as already described above. Hold this for a moment, then rock forward and raise your elbows and forearms off of the floor until all of your weight is on your hands. Keep on pressing your body up and up, until it is directly over your hands in a perfect handstand position. This is a tough trick and will take quite a bit of practice, but eventually you should be able to do three or four consecutive "Tiger Bend Presses".





#### 5. HANDSTAND PRESS UP BETWEEN TWO CHAIRS

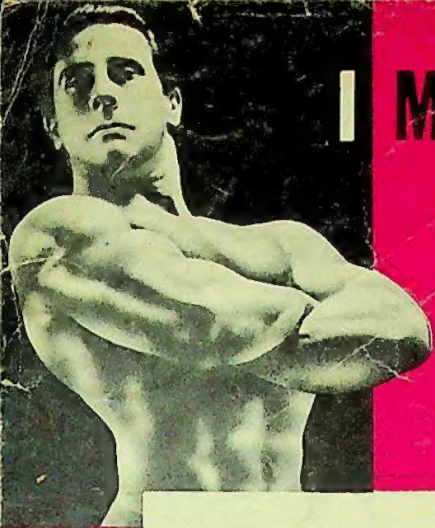
Place two chairs, with their seats facing each other, approximately shoulder-width apart. Place one hand near the front of each chair. Kick up into a handstand on the two chairs like you did on the floor. This is harder to do so you must kick harder. Practice this a number of times until you can get into the handstand easily and hold it.

When you can hold the handstand without trouble, bend your arms a little and then straighten them again. Keep going lower and lower until you get to the point where you can't get up again. Then take a rest and try it again. After a week or two of this kind of practice you will be able to lower your chest right down to the chairs and press your body up again. Not only is this a terrific stunt in itself but it is also a wonderful arm-and-shoulder exercise. It is particularly good for developing those superb triceps which everyone admires so much.

#### CONCLUSION

In this concentrated handbalancing course I have given you enough exercises and stunts to keep you going for months. When you master them all you will be able to do almost any kind of a handstand. But Remember! As in all other things, "Practice Makes Perfect" so keep on practicing these handbalancing stunts until you have them all down perfect.





**I MUST give you a powerful physique  
or**

**IT COSTS YOU NOTHING**

*here is my ironclad guarantee...*

★ G U A R A N T E E ★

So certain am I that NO case is too difficult to respond to my system, that when you enroll with me, your investment is protected with an IRON-CLAD, money back guarantee. YOU —must get results, or I don't WANT YOUR MONEY.

I only ask you to live up to these few conditions, and I believe that you will admit that they are most fair: If, 90 days after faithfully following my Course and instructions and using my equipment exactly as outlined in the weekly lessons, you can honestly say that you have not made definite physical improvement, and do not look and feel better than before, all that you need to *do* to get an immediate refund is to package the courses and equipment you received and send it back to me, with all instructions sent to you. Just as soon as these items are received by me, I will make a complete refund.

I make this amazing offer because my perfect performance record boasts of the fact that I have never, up to this very moment been called on to make a refund because of a dissatisfied pupil! I know that you too will keep my record PERFECT if you are fair and honest with me and follow my instructions exactly as given to you.

You take absolutely NO RISK when you enroll with the WEIDER System! The positive proofs I have shown you of pupils from all walks of life and all ages who ALL became transformed into magnificent physical specimens assures you that YOU TOO must be satisfied. They became my pupils with this same MONEY BACK GUARANTEE. Needless to say—THEY wouldn't trade back the results they got from my course for 100 times the purchase price. And neither will you—once you feel and see the JOYS that can be yours from physical fitness. YOU HAVE NOTHING TO LOSE BUT YOUR WEAKNESS!

*Joe Weider*

TRAINER OF CHAMPIONS





**HEALTH — HAPPINESS waiting for YOU**

**— if you ACT NOW !!!**

# **strong BODY**

**DON'T PUT OFF!**

**DON'T DELAY!**

**Y**OU can't afford to put off any longer! Every day you delay means another day of self-pity, of envying those who have the powerful bodies, crushing strength that can be yours—**IF** you act **NOW**. You *must* want a strong, healthy body—you *must* be tired of being pushed around, ignored, overlooked, ridiculed—otherwise you never would have sent for this book. Well, here's your chance to do something about it! Take the big step **NOW** that will make you a **STRONG, POWERFUL, ADMIRABLE MAN**. Fill out and mail the Enrollment Form. Within a few days you'll have your first lesson of my Mr. America Muscle Building Course. Follow my instructions in your own home exactly as advised. In a short space of time, you'll become a different man—a **NEW MAN**—a real **HE-MAN**! Nothing can stop you now—except failure to **ACT**. You showed me you were a man of action when you sent for this book—now you can **SHOW THE WORLD WHAT A MAN OF ACTION SHOULD LOOK LIKE. ENROLL T-O-D-A-Y!**

# **ENROLL TODAY**



**WEIDER-built  
CHAMPIONS  
are  
MEN of Action!  
They  
ACT  
PROMPTLY!**

**Mail your enrollment form NOW!**

**NOW**

**... Send it to: JOE WEIDER**

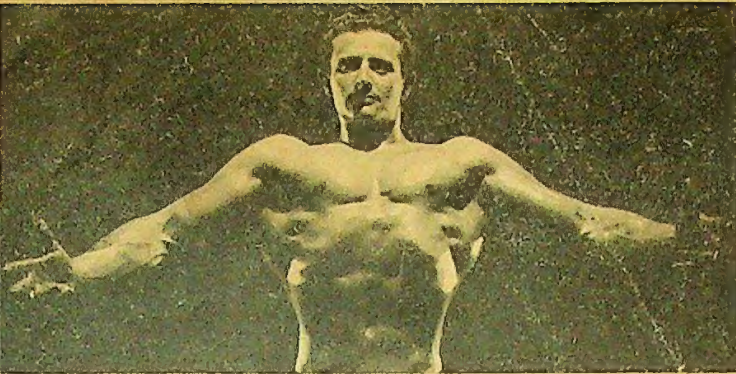
**801 Palisade Avenue, Union City, N. J.**

**Every minute you waste keeps you from getting  
the POWERFUL PHYSIQUE you want!**





Exercise No. 4



*Norman Marks, perhaps most famous for his wide span and wedge-like "lats", is a tireless worker and his delts receive just as much attention in his program as any other part. His delts possess the same flowing lines and graceful contour characteristic of his type of physique.*

*Warner photo.*



*The size and shape of the delts is as varied and characteristic of the individual as his arms, chest or other body parts. Clancy Ross, shows delts which are thick, full, round and developed to an absolute maximum. All of Clancy's championship physique is developed to absolute perfection, and his delts lend the final spark of impressiveness to his physique.*

When I first came to America and met my friends Barton Horvath and Joe Weider that very first day after my trip across the Atlantic, we all took a short work-out together. I recall how both Barton and Joe commented on the excellence of my shoulders. I was both flattered and a bit annoyed for I had expected some favorable comments on my arms and chest as well, but apparently it was only my shoulders which impressed them. As I have brought out in my previous articles there was obviously good reasons for this, for the sensational improvement I made under the Weider System for these other parts is proof that they were under par at the time, and only did my shoulders approach near maximum development.

Wherever I went during my stay in America and Canada my shoulders in particular received favorable comment. "As big as a house," was Abe Goldberg's comment of them when he and I took a work-out at the Weider Warehouse. "You must be the guy Grimek told me about," smiled Sig Klein as he sized up my shoulders at his gym. On the Coast, Farbotnik, Sinderoff and Ross remarked about my shoulder development and showed interest in my training routine. In Canada Ed Theriault, Al Paivio, Leo Robert and others all had a complimentary word and a few questions to ask. In turn I asked a few questions of these great stars myself and I learned that one and all they have followed a system of training which is very close to my own and one which is directly in conformity with the ideas of the Weider System. However each star has a certain "favorite" movement which reflects on his ultimate appearance and power.

For instance, Ross who is so favored to the incline bench press with dumbbells, using up to 160 pounds in each hand has delts which are extra round, full and thick, blending right into the pectorals in one beautiful mass of muscularity. Victor Nicoletti is a great dipping enthusiast and the front portion of his deltoid is sensational. Marks favors the chin behind neck and the pull down with the lat machine—giving him a very wide spread and unusual height to the rear head of the deltoid. Floyd Page is given to peak contraction movement, making his delts sharply chiseled and clearly defined.

Then to top it all off I had a look at the new

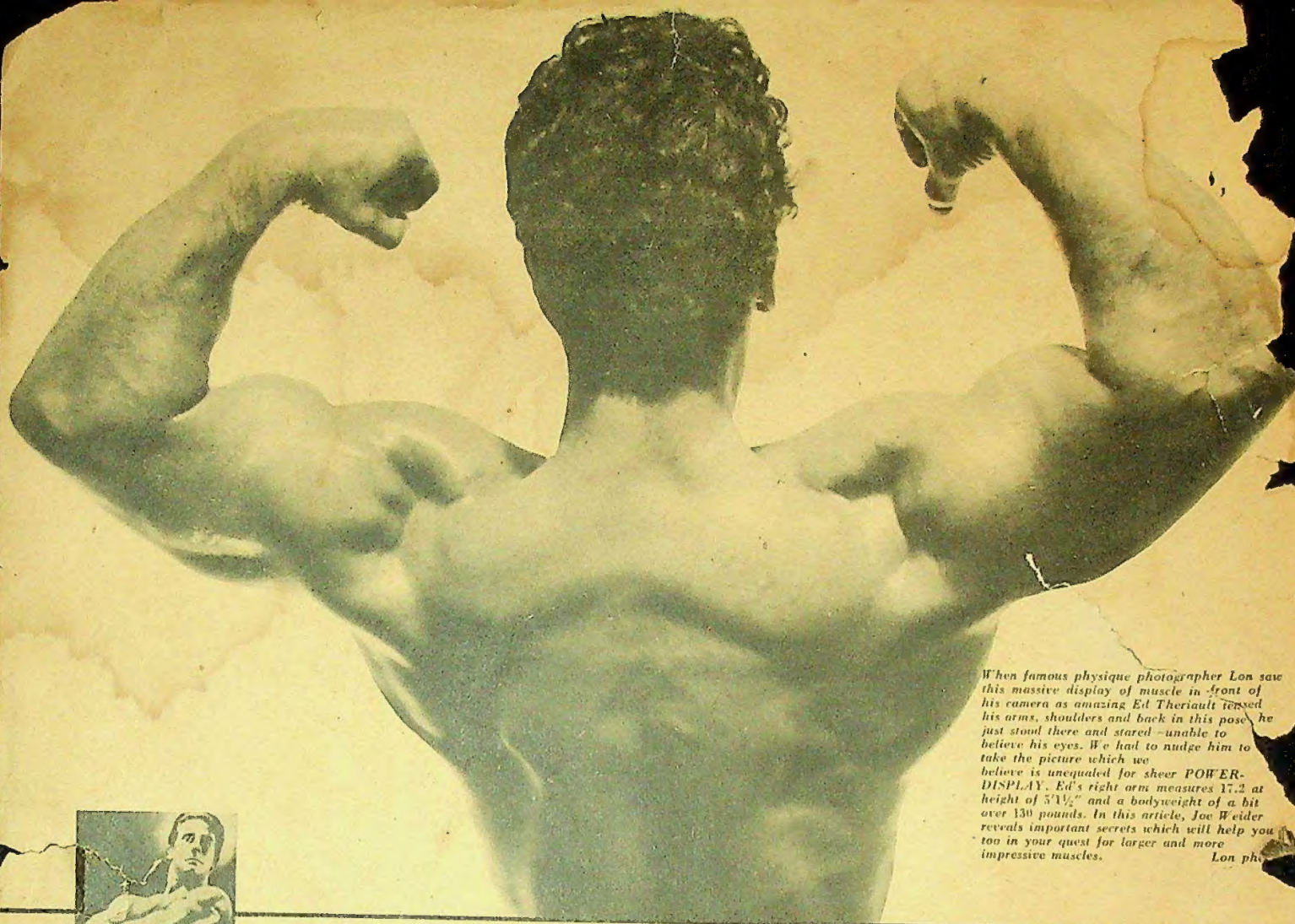
*(Continued on page 39)*



*Still another type of deltoid perfection is shown here by Vic Nicoletti, winner of dozens of physique titles. Finely trained and in very hard condition, Vic's delts show size, hardness and strands of definition.*

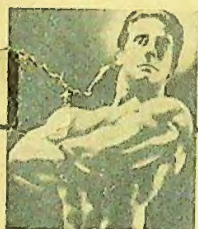
*Spartan photo.*





When famous physique photographer Lon saw this massive display of muscle in front of his camera as amazing Ed Theriault flexed his arms, shoulders and back in this pose, he just stood there and stared—unable to believe his eyes. We had to nudge him to take the picture which we believe is unequalled for sheer POWER-DISPLAY. Ed's right arm measures 17.2 at height of 5'11 1/2" and a bodyweight of a bit over 330 pounds. In this article, Joe Weider reveals important secrets which will help you too in your quest for larger and more impressive muscles.

Lon ph



JOE WEIDER

# Secrets of the Champions

*mental-contraction exercises . . . by joe weider*

Publisher, Editor-in-Chief — Trainer of the Champions!!

- **Your mind is your greatest physical asset. Learn how to harness your mental powers and to utilize them to make your muscles develop that final degree of muscularity and impressiveness. Mental-Contraction exercises can literally lift you from the average class and place you overnight into the CHAMPIONSHIP class.**

**F**IFTY-FIVE years ago, in 1895, C. A. Sampson, who claimed to be the strongest man in the world at that time, had this to say about the professional strongman: "Genius is absolutely essential if he (the strongman) is to reach the highest eminence in his profession."

While this may be a rather far flung conclusion, the truth of the matter is that of all the famous strongmen and bodybuilders who I personally know, each and every one of them

have learned the necessity of the full control and development of WILL POWER and a tremendously strong MENTAL APPROACH while lifting or exercising. There is absolutely no doubt but that this determined and undivided mental attitude during their training has made them the great champions that they are. They have learned to harness the amazing mental powers we all possess to some extent and to put these powers which are usually unexploited by the average bodybuilder, to work for them. By doing so they develop not only greater muscular power, but obtain a type of cultured musculature unobtainable in any other manner.

Therefore, this month I am going to deal with the subject of Concentrated Exercises which will encourage the full development of your mental-physical ability. I will also deal with direct Mental-Concentration moves which will teach